中式抗議食譜
CHINESE PROTEST RECIPES
中式抗议食谱

by @thegodofcookery

in support of

BLACK LIVES MATTER

Dedicated to all Black lives who have suffered at the hands of police brutality.

Chinese food is my life. My family grew up in Chinese restaurants, my grandfather was a master chef and I work at a Chinese BBQ shop part-time on weekends. My day job is in social impact. I lead creative teams at a NYC based, Black-led agency that examines the relationship between people, power and social change to transform our politics and the economy.

Since this uprising began, I've been using my platform to help raise awareness about racism and white supremacy in food. I couldn't stay quiet anymore, this racial pandemic has shed light on so many issues that BIPOC deal with every single day. I've been protesting through the one thing I know: Chinese food.

This digital edition of Chinese Protest Recipes is available free of charge. In exchange: Please donate to support Black Lives Matter.

RECOMMENDED ORGANIZATIONS:

COLOR OF CHANGE
act.colorofchange.org

BLACK WOMEN IN MOTION
blackwomeninmotion.org/donate

If you can't give, please share and spread the word!
#ChineseProtestRecipes

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GOALS FOR THIS BOOK

1. SUPPORT BLACK LIVES MATTER
2. RAISE AWARENESS ABOUT RACISM AND WHITE SUPREMACY
3. RESIST THROUGH CHINESE FOOD

ABOUT THE RECIPES

These are not step-by-step recipes with precise quantities or detailed instructions. Instead, they're written as short descriptions, inspired by family tradition and oral history, so you can grasp the general concept of each dish. I encourage everyone to cook intuitively, rather than blindly following a strict recipe. This is how my ancestors cooked, it's all by taste, common sense and good judgement. The final quantities of each ingredient will ultimately depend on your palette, what you have on hand and how many people you're cooking for. Unless noted, all these recipes are meant to be cooked in a carbon steel wok.

I am also assuming you have some basic Chinese ingredients in your pantry. You will need the following on hand:

MSG
CORNSTARCH
VEGETABLE OIL
SHAOXING WINE
SOY SAUCE
DARK SOY SAUCE
OYSTER SAUCE
SESAME OIL
WHITE PEPPER

SHRIMPS IN LOBSTER SAUCE

蝦龍湖

虾龙湖

CHINESE PROTEST RECIPES

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SHRIMPS IN LOBSTER SAUCE

蝦龍湖

虾龙湖

CHINESE PROTEST RECIPES

中式抗议食谱

This dish is near and dear to my heart. My mom made it all the time so it's a childhood favourite, but it's also an old school classic found on many Chinatown menus. An amazing restaurant version can be found at Wo Hop in NYC, which inspired this recipe. There is no lobster in this recipe. The shrimps and egg work together to mimic a "lobster sauce"– a hallmark of Chinese chop suey-era ingenuity.

Chinatowns and Chinese people are no strangers to racism and discrimination. And yet, we still have a lot of work to do within our own community. As I make this Chinatown classic, I'm reminded that we must continue to do the work, and talk to our Asian families about anti-Black behaviour and attitudes. Chinatowns have gone through a lot during COVID-19. But Chinese people will never face the same level of discrimination that Black people do. We must stay focused, stay strong and support Black folx always. If you love Chinatowns and hate racism against Chinese people, make sure you stand up for Black people too.

TALK TO YOUR ASIAN FAMILIES ABOUT ANTI-BLACK BEHIAVOUR AND ATTITUDES

When Black people win, we all win. This dish is pure comfort food, the gravy should be bold and silky. The shrimp should be bouncy and crunchy, not overcooked. Enjoy with steamed white rice only!

For a meatless version, replace the shrimps with fried, firm tofu chunks, and replace the pork with a mix of rehydrated dried shiitake mushrooms and fresh mushrooms.

WE MUST STAY FOCUSED AND SUPPORT BLACK FOLX ALWAYS

Prep: Peel and devein shrimps, leaving tail on, and make a stock with shells. Beat eggs. Mince garlic. Dice shallot. Dice onion. Rehydrate and mince black beans. Chop scallions.

1 In vegetable oil, fry shallots, garlic, black beans and pork.

2 Season with salt, sugar, soy, oyster sauce.

3 Add shrimp stock and boil until pork is nearly cooked.

4 Add shrimp and eggs, bring to boil.

5 Once shrimp is cooked, add cornstarch slurry until thick.

6 Drizzle sesame oil, garnish with scallions and serve.

LARGE SHRIMPS
SHRIMP STOCK
GROUND PORK
EGG
GARLIC
SHALLOTS
ONION
FERMENTED
BLACK BEANS
SCALLIONS
SALT
SUGAR
SOY SAUCE
OYSTER SAUCE
CORNSTARCH
SESAME OIL
VEG OIL

SHRIMPS IN LOBSTER SAUCE

WHEN WIN

CHINESE PROTEST RECIPES

蝦龍湖

WHEN WIN

中式抗議食譜

虾龙湖

WHEN WIN

中式抗议食谱

F.T.P. FRIED RICE

飯炒差佬

饭炒警察

CHINESE PROTEST RECIPES

中式抗議食譜

中式抗议食谱

F.T.P. FRIED RICE

飯炒差佬

飯炒警察

CHINESE PROTEST RECIPES

中式抗議食譜

中式抗议食谱

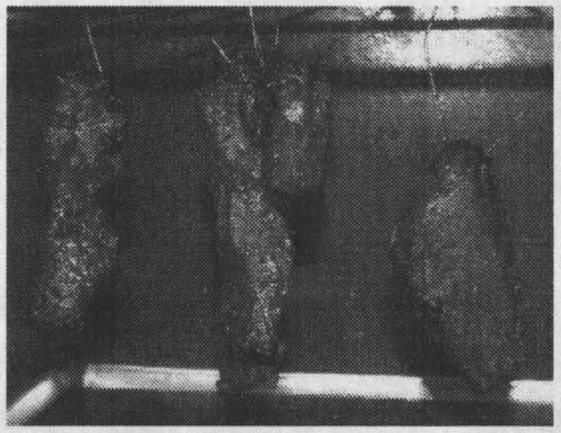
IF YOU ARE A COP YOU DO NOT HAVE PERMIS-SION TO COOK THIS RECIPE

We hate pigs, but we love pork: this fried rice has both char siu and lap cheung. And for an extra flavor bomb, XO sauce. The XO sauce that I'm using is homemade from my mom.

If you want to make your own: fry dried shrimps, rehydrated dried scallops, Virginia ham, garlic and shallots in plenty of vegetable oil, low and slow until golden and completely dried out. It's delicious. You can also buy it, but it won't be the same.

If you are a cop, you do not have permission to cook this recipe. You are trash people and you deserve to eat like trash. The final dish should be really fragrant and savory, with pops of big flavor.

Fuck the police! Forever and ever. Stop killing Black people.



WE HATE PIGS

WE LOVE PORK

Prep: Cook rice. Slice sausage. Dice char siu. Mince leeks. Slice shallots. Mince garlic. Beat eggs. Chop scallions.

1 Fry shallots in vegetable oil until crispy, drain and set aside, save the oil.

2 Fry garlic in vegetable oil until golden, drain and set aside, save the oil.

3 Add some of the reserved shallot and garlic oils to a wok and fry leeks and eggs.

4 Add rice. Season with salt, soy and MSG.

5 Add char siu, Chinese sausage, peas and XO sauce. Fry until hot and mixed through. Garnish with fried shallots and garlic.

JASMINE RICE
GREEN PEAS
CHINESE SAUSAGE
CHAR SIU
LEEKS
SHALLOTS
GARLIC
EGGS
XO SAUCE
SCALLIONS
SALT
SOY SAUCE
MSG
VEG OIL

F.T.P. FRIED RICE

FRIED THE POLICE

CHINESE PROTEST RECIPES

飯炒差佬

飯炒警察

FRIED BLACK PEOPLE

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ANTI-RACIST A-CHOY

反種族歧視A菜

反种族歧视A菜

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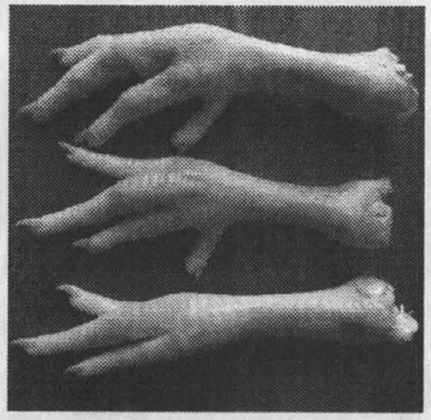
CHINESE PROTEST RECIPES

中式抗议食谱

Everyone knows by now that it's not enough to be simply "not racist," we have to be anti-racist. And learning about and engaging more deeply with how other cultures live and eat is an important part of that work. The more we explore and shine a light on BIPOC food, the closer we get to a deeper understanding of one another.

I grew up, like most POC kids, eating my culture's food under the white gaze. Meaning our food was (and is) considered "weird, stinky and gross." This recipe attempts to challenge this othering of BIPOC food.

This is a vegan recipe using A-Choy, a vegetable probably unfamiliar to most people. It is a leafy lettuce, very popular in Hong Kong and Taiwan, but hard to find here. So hard to find in fact, that I couldn't source any myself. I'm using romaine lettuce as a substitute.



In this recipe, the lettuce is braised, which a lot of white folx will probably find odd. Yes, you can cook lettuce! It brings out a buttery, rich flavor. The sauce is made from fermented beancurd, which to many, will be an acquired taste. It's very pungent, but balanced with sugar it's incredibly delicious. It tastes like a savory, Asian blue cheese dressing, which pairs perfectly with romaine. I hope this recipe challenges everyone's notions of what is considered normal food vs. food that is "exotic" or "weird."

THE MORE WE EXPLORE AND SHINE A LIGHT ON BIPOC FOODTHE CLOSER WE GET TO A DEEPER UNDERSTANDING OF ONE ANOTHER.

Prep: Quarter lettuce. Mince garlic. Slice shallots.

1 Fry garlic, shallot and bean-curd in oil for a minute, then balance with salt, sugar and white pepper to taste.

2 In a clean pan, fry lettuce in a splash of vegetable oil quickly until wilted, remove from heat.

3 Place lettuce on a plate, drizzle with bean curd sauce, chilli oil and sprinkle fried garlic over top.

A-CHOY OR ROMAINE LETTUCE
FERMENTED BEAN CURD
GARLIC
SHALLOT
CHILLI OIL
FRIED GARLIC
SALT
SUGAR
WHITE PEPPER
VEG OIL

ANTI-RACIST A-CHOY

IT'S NOT ENOUGH TO BE

CHINESE PROTEST RECIPES

反種族歧視A菜

反种族歧视A菜

WE HAVE TO BE

中式抗議食譜

中式抗议食谱

BEEF HO FUN

CHINESE PROTEST RECIPES

干炒牛河

中式抗議食譜

干炒牛河

中式抗议食谱

BEEF HO FUN

干炒牛河

干炒牛河

CHINESE PROTEST RECIPES

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中式抗议食谱

Dry-fried Beef Ho Fun or "Gon Chow Ngau Haw" is my ultimate comfort food. I crave it all the time.

I wanted to make this recipe as a love letter to Chinatown, as it's the quintessential Cantonese dish.

Chinatowns have experienced so much racism since the pandemic started. We've seen restaurants go down, elderly grammas assaulted, and putrid hate speech spewed our way. But Chinatown is forever. We've seen worse and we will survive and thrive in spite of the blatant Sinophobic bullshit that comes our way. BTW, if you have referred to the Coronavirus as the "Chinese Flu" or "Kung Flu" you are not allowed to cook this recipe.

This dish has very few ingredients but requires serious technique to achieve the famous smoky flavour known as "wok hei" or "breath of the wok." Good Chinese chefs know how to master this technique. It will not be the same at home. Not only is it impossible to create "wok hei" without the fire power of a restaurant wok station, but it's extremely difficult to keep the noodles intact and also achieve the perfect balance between subtle and savoury flavour. That's why MSG is a must, you won't get that same depth if you rely only on salt. (Ps. anyone who thinks that MSG is a lesser ingredient needs to read a few more books on gastronomy.)

The final dish should be beefy, savoury, a bit smoky, and sweet with onions. It's an oily dish, it should be slippery and satisfying, really good after a night of drinking.

干炒牛河

CHINATOWNS HAVE EXPERIENCED SO MUCH RACISM SINCE THE PANDEMIC STARTED.

BUT CHINATOWN IS FOREVER.

中式抗议食谱

Prep: Separate rice noodles. Marinate steak with salt, sugar, water, cornstarch. Slice onions. Cut scallions into big pieces.

1 Flash fry steak in oil, drain and reserve.

2 Coat a nonstick pan with oil and fry rice noodles on high heat.

3 Shake the pan to toss but avoid touching the noodles too much, they will break.

4 Season with salt, soy, dark soy and MSG.

5 Add beef, onions, scallions and sprouts.

6 Fry, tossing together, until well mixed and beef is cooked through.

干炒牛河

FRESH HO FUN
RICE NOODLES
FLANK STEAK
SWEET ONION
BEAN SPROUTS
SCALLIONS
SESAME SEEDS
SALT
SOY SAUCE
DARK SOY
MSG
CORNSTARCH
VEG OIL

中式抗议食谱

咕嚕肉

SWEET & SOUR PORK

咕嚕肉

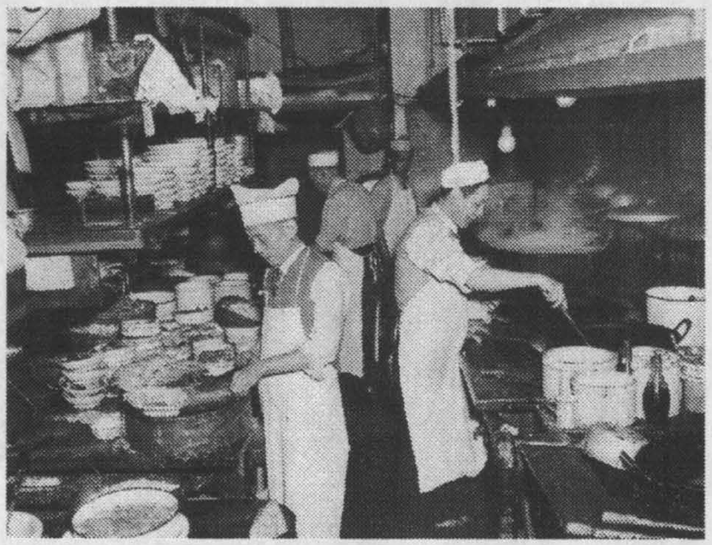
This might be the most iconic Chinese dish ever. It's also the most misunderstood. People always speak on its name without knowing the facts. Some say it's inauthentic and that "real" Chinese people don't eat it. Some call it junky, chop suey trash. They dismiss it as "white" Chinese food.

The truth is, Chinese people love Sweet & Sour Pork. Kids, adults, seniors, everyone. Yes, it exists in Hong Kong. It's a dish that was adapted to cater to white tastes—and we all eat it. It's not fake Chinese food, it's a symbol of entrepreneurial hustle. We make this dish everyday at the restaurant and it's as authentic as it gets. I've served it to Chinese-Guyanese, Trini, Jamaicans, Filipinx and everyone in between. I hope this recipe helps change the perception of takeout Chinese food as junky or trashy. Instead, I think Sweet & Sour Pork can be the ultimate unifier.

The final dish should be really crunchy, not over-sauced, bright with citrus and well balanced.

咕嚕肉

SWEET & SOUR PORK



CAN BE THE ULTIMATE UNIFIER.

Prep: Cube and marinate pork with salt, cornstarch and MSG and leave in the fridge overnight. Cut onion and peppers into small chunks. Slice lemon.

1 Combine eggs and pork, then coat in cornstarch.

2 Deep fry until golden, drain and set aside on a paper towel lined tray.

3 Bring oil back to temperature and fry pork a second time until crisp and golden brown. Drain and set aside.

4 To make sauce, combine vinegar, sugar, pineapple juice and tomato puree in a pot in a ratio of 4:4:4:1.

5 Stir together and bring to a boil.

6 Add enough cornstarch slurry to thicken. Add pineapple pieces, onions, peppers, lemons. Add pork and toss to combine.

咕嚕肉

PORK SHOULDER
VINEGAR
EGGS
WHITE ONION
BELL PEPPERS
TOMATO PUREE
PINEAPPLE PIECES
PINEAPPLE JUICE
LEMON
SALT
SUGAR
MSG
CORNSTARCH
VEG OIL

中式抗议食谱

GRAMMA'S CHICKEN

婆婆蒸鸡腿

婆婆蒸鸡腿

CHINESE PROTEST RECIPES

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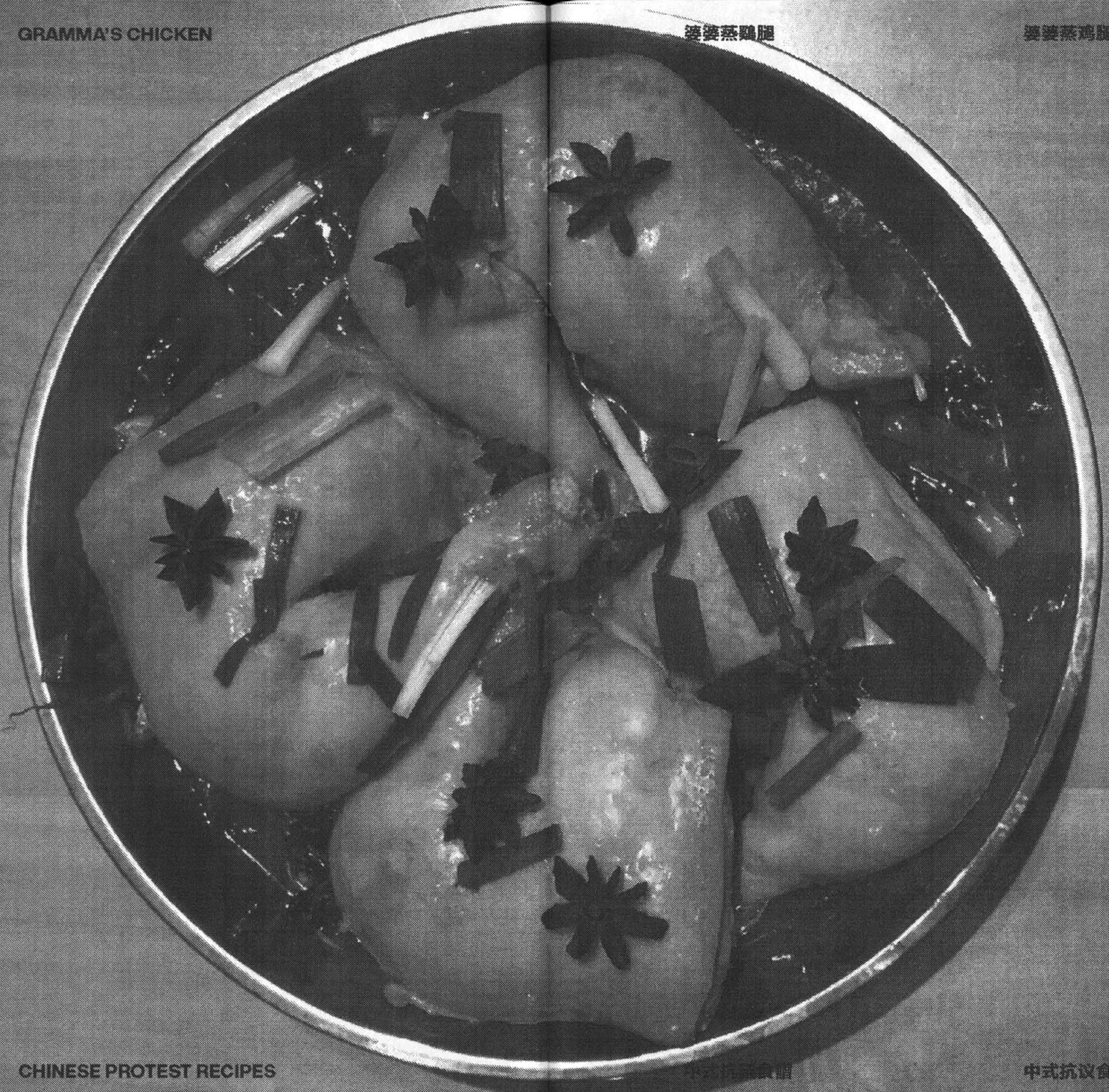


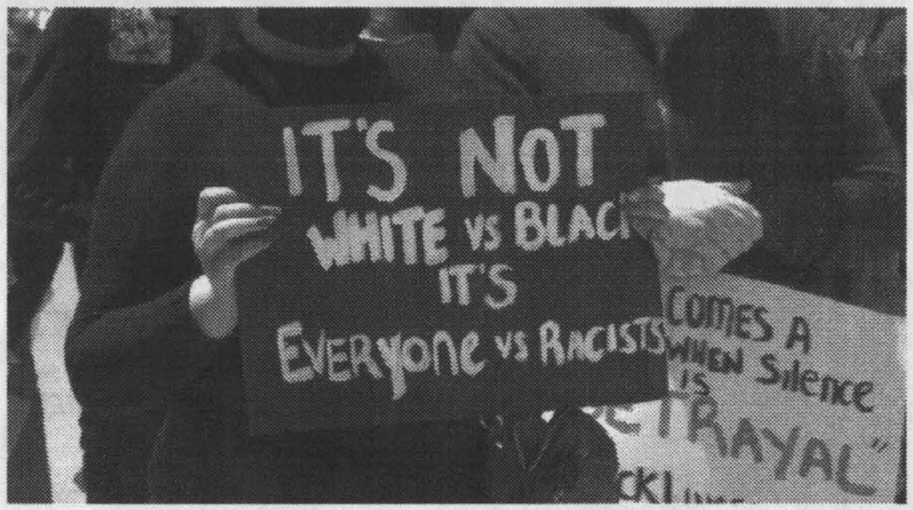
When I was a kid, I spent a lot of time at my gramma's house. She practically raised me while my parents worked full time. Everything I know about food, I learned from her. I spent my childhood cooking with her, grocery shopping with her, and eating out (and criticizing every meal) with her. As an adult, I saw her often, on Saturdays, for dim sum. She passed away a few months ago and weekends haven't really felt the same.

This was one of my gramma's go-to dishes and I make it whenever I want to feel close to her. It's got all the hallmarks of Southern Chinese village cooking: humble ingredients, steamed, simple food.

Like my gramma, this dish is elegant and refined. It's silky, smooth and fragrant. But many Westerners will complain that the texture is challenging for them. Steaming makes the skin soft and slippery and the colour more grey than it is golden. If you really want to be anti-racist, you have to accept different textures in food. Chinese people have more than 5000 years of eating experience. We eat it all, all flavors, all textures, and it's all delicious. Refusing to try certain foods because it's unfamiliar shows ignorance. My gramma hated ignorant people.

The final dish should be perfumed with star anise and ginger, and the jus, which is the best poured over white rice, should taste like the best chicken soup ever. Shoutout to my gramma, I miss her everyday.

MY GRAMMA



HATED IGNORANT PEOPLE

Prep: Cut scallions into big pieces. Slice ginger. Marinate chicken legs with salt, sugar, soy and Shaoxing wine overnight.

1 Arrange scallions in a low shallow dish to make a rack for the chicken.

2 Place chicken legs on top of scallions in one layer.

3 Scatter ginger and star anise over chicken.

4 Place dish onto a steaming rack in a wok with water, cover and steam until chicken is cooked through, about 20 minutes.

5 Garnish with chopped scallions and serve with white rice.

CHICKEN LEGS
SCALLIONS
GINGER
STAR ANISE
SALT
SUGAR
SOY SAUCE
SHAOXING WINE

警察正扑街蒸蟹

中式抗议食谱

ACAB CRABS

警察正扑街蒸蟹

警察正扑街蒸蟹

CHINESE PROTEST RECIPES

中式抗议食谱

All Cops Are Bastards. Yes, that includes your cop dad, or uncle, or stepbrother, or any other cop you know who you think is a good person. They're all bastards. Any police officer who willingly stands behind a force that protects those who kill without impunity, are all complicit in murder.

The police force is the world's biggest gang. They prey on the innocent. And they have been killing innocent Black men and woman for hundreds of years.

I started this project to keep the conversation going, and to keep our foot on the gas. We must demand justice and keep our knee on their necks until we get it. As I write this recipe, I am demanding justice for George Floyd. For Breonna Taylor. For Jacob Blake. I am demanding that cops stop targeting, terrorizing, and brutalizing Black communities. All Cops Are Bastards. Black Lives Matter.

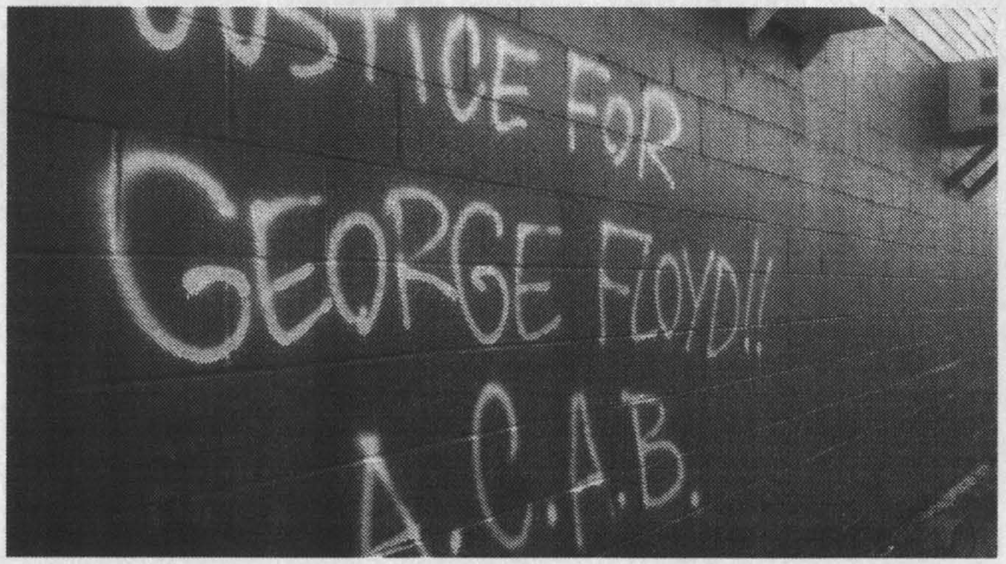
The final dish should be full of deep sea flavor, rich with crab fat and sweet with crab meat. Make sure you don't overcook the crabs!

Serve with Golden Fried Rice. Recipe to follow.

警察正扑街蒸蟹

ALL COPS ARE BASTARDS. THAT INCLUDES YOUR COP DAD, OR UNCLE, OR STEP-BROTHER, OR ANY OTHER COP YOU KNOW WHO YOU THINK IS A GOOD PERSON.

THEY ARE ALL BASTARDS.



中式抗议食谱

Prep: Clean, quarter and smash crab. Cut scallions into big pieces. Chop scallions for garnish. Slice ginger. Chop garlic. Beat eggs. Make seafood powder by roasting and grinding dried shrimps and scallops.

1 Fry garlic in oil until golden, drain and reserve, saving the oil.

2 Season noodlefish and coat with cornstarch and egg.

3 Fry until golden, drain and set aside on a paper towel lined tray. Season with salt and seafood powder.

4 Arrange scallions in a low shallow dish to make a rack for the crab.

5 Place crab on top of scallions in one layer. Add ginger, garlic, a splash of wine.

6 Place dish onto a steaming rack in your wok with water, cover and steam for about 8 minutes.

7 Garnish with garlic oil, chilli oil, fried garlic and noodlefish bits.

警察正扑街蒸蟹

LIVE DUNGENESS CRABS
SCALLION
GINGER
GARLIC
GARLIC OIL
CHILLI OIL
NOODLEFISH
SEAFOOD POWDER
EGG
CORNSTARCH
SHAOXING WINE
SALT

中式抗议食谱

GOLDEN FRIED RICE

黃金炒飯

黃金炒饭

CHINESE PROTEST RECIPES

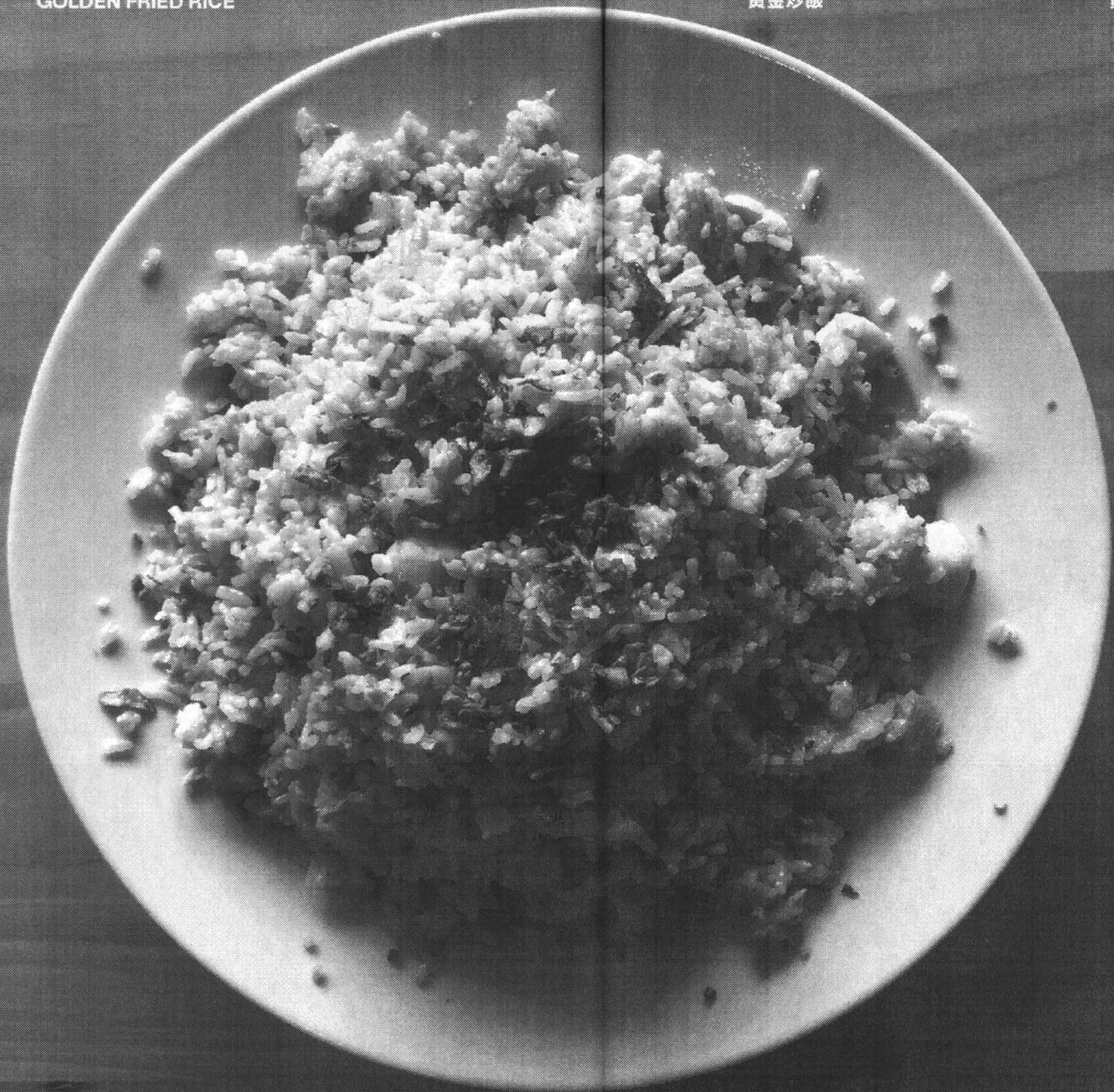
中式抗議食譜

中式抗议食谱

GOLDEN FRIED RICE

黃金炒飯

黄金炒饭



CHINESE PROTEST RECIPES

中式抗議食譜

中式抗议食谱

named this project Chinese Protest Recipes because we need to keep the momentum going. It's clear that we have a lot of work to do, especially when it comes to supporting Black folx. I hope everyone stays vigilant, active and uses their platform, however big or small, to speak up. I never used to speak up. The issues always felt too big and everything always seemed so hopeless. But in this moment, I cannot stay silent.

I used to just post about Chinese food. But I will now continue to use my humble platform as a way to speak out against the systems and forces that keep BIPOC down.

Many have asked me how I know so much about these complex food issues. I'm proud to say that I work at a Black-led agency in social impact based in NYC. As the head of creative, I work with an elite team of former Obama and BLM strategists. My boss is on the Color of Change board. We work with clients like Amnesty International and The Bill and Melinda Gates Foundation. I am immersed in racial, social, political data everyday. I know things, I see things and I'm actively going through my own unlearning as well.

But my biggest learning comes from being a Chinese person and from working at a Chinese restaurant in one of the most diverse neighbourhoods in the world. Working in a predominantly working class, BIPOC area on weekends gives me a ton of perspective. I interact with immigrants, seniors, the unemployed, non-English speakers, the homeless, the marginalized. These are my people.

Having worked in the white corporate ad world for many years, often being the only POC in a boardroom, pushed me into social impact, into embracing my own cultural identity more fully, and into cooking at a Chinese BBQ shop. The agency world is insufferably white and I was tired of making rich, ignorant white people, even richer and even more powerful.

If you want to commit to change, start by asking yourself some tough, honest questions: Who do you work with? Are all your bosses white? Is your social circle all white? Do you have any BIPOC friends? Do you ever eat BIPOC food? Examine your surroundings, and speak up. That's what I did. And I hope everyone will start to do the same.

Justice for Breonna Taylor.

Justice for George Floyd.

Black Lives Matter.

@thegodofcookery

Prep: Cook rice. Beat eggs.

1 Coat rice with beaten eggs and mix well.

2 Fry scallops for a second, then add rice.

3 Add salted eggs and fry until hot and well combined. Season with salt and MSG.

4 Serve with ACAB Crabs and fried garlic.

JASMINE RICE
BAY SCALLOPS
EGGS
RAW SALTED EGGS
FRIED GARLIC
SALT
MSG

JUSTICE FOR BREONNA TAYLOR

JUSTICE FOR GEORGE FLOYD

BLACK LIVES MATTER

PHOTO CREDITS: P.2 NEW YORK POLICE OFFICERS CONFRONT PROTESTERS AT THE CITY COLLEGE OF NEW YORK, MAY 8, 1969. GRAFFITI ON A CAMPUS WALL READS "FREE HUEY." BETTMANN / BETTMANN ARCHIVE. P.14 "WO HOP" THE INFATUATION. NOAH DEVEREAUX. P.15 "RICHARD LIVES! MORE THOUGHTS ON MY FRIEND, RICHARD AOKI" AT SANFRANCISCO BAYVIEW. P.23 "G20 POLICE CAR FIRE" BY JOHN HANLEY. P.23 SU GOOD SWEETS. P.32 "CHICKEN FEET FOR THE SOUL" THE GREENE GRAPE. P.51 WEEGEE (ARTHUR FELLIG)/INTERNATIONAL CENTER OF PHOTOGRAPHY/GETTY IMAGES. P.59 "GEORGE FLOYD RALLY IN WINDSOR DRAWS HUNDREDS FOR PEACEFUL PROTEST" RICHARDO VENEZA/CTV. P.67 RAHUL PUNJABI. P.81 A BLACK PANTHER RALLY AGAINST SAFEWAY IS HELD IN SOLIDARITY WITH UNITED FARM WORKERS IN OAKLAND, CIRCA 1969. HAROLD ADLER / GETTY IMAGES

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